

Who needs this qualification?

Any employee who works in a potentially stressful environment or who needs to be able to recognise the early signs of stress.

How long will it take?

Three hours.

Course Outline

- Defining of stress
- causes of stress
- Coping with stress
- Immediate/long-term solutions
- Risk assessment.

Class size maximum

20 Learners

Certificate validity

AOSH UK stress management is valid for a period of three years.

Assessment method

Assessments are designed to evaluate delegates through MCQ.